



HEALTHY BRAIN

Understanding Brain Health

Workbook

PLEASE READ

DISCLAIMER

The information provided in this course is for educational and informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or a qualified healthcare provider with any questions you may have regarding a medical condition or your overall health.

Participation in this course does not establish a doctor-patient relationship. Any reliance on the information provided in this course is solely at your own risk. While we strive to provide accurate and up-to-date information, we make no guarantees regarding the completeness, reliability, or applicability of the content presented.

If you experience any adverse symptoms or medical concerns while implementing the techniques or recommendations discussed in this course, discontinue them immediately and consult a healthcare professional. This course is not intended to diagnose, treat, cure, or prevent any disease.

By enrolling in this course, you acknowledge that you are responsible for your own health and well-being and agree to consult a medical professional before making any significant lifestyle changes.



WELCOME TO YOUR WORKBOOK

This workbook is designed to help you apply the concepts from each module by reflecting, tracking progress, and making actionable changes to improve your brain health.

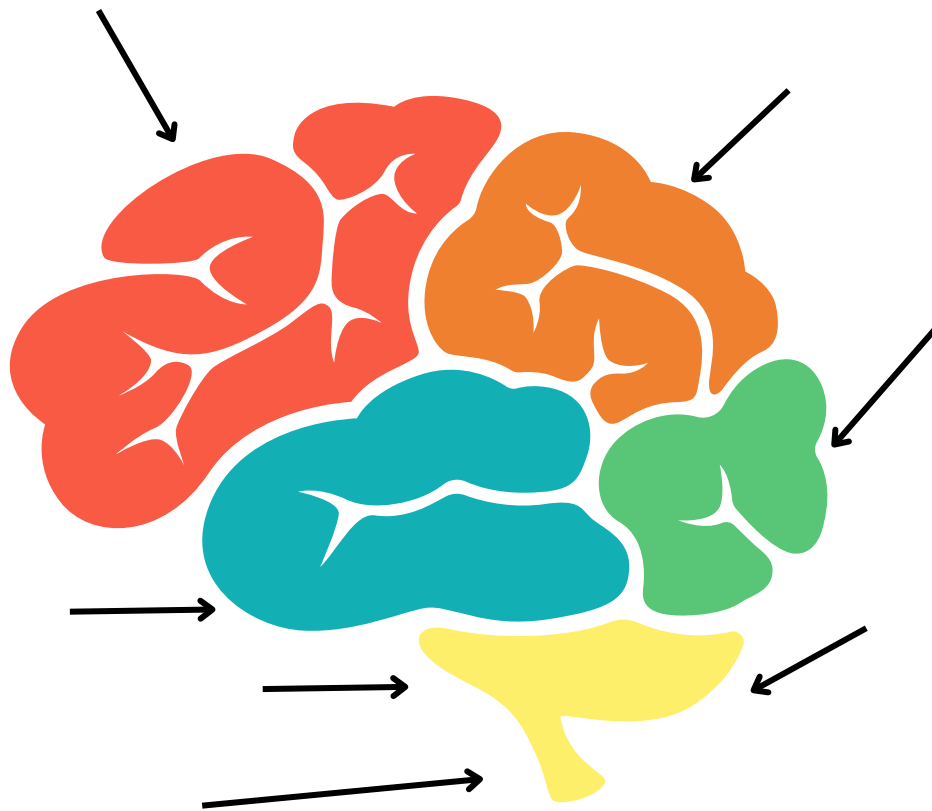
Instructions:

- Read through the exercises and prompts.
- Take your time to fill in the spaces provided.
- Be honest with your reflections—this workbook is for your personal growth.
- Use this as a guide to build a sustainable brain health routine.

MODULE 1: UNDERSTANDING BRAIN HEALTH

Exercise 1: Brain Anatomy Mapping

Label the key brain regions and write a short description of their function.



Human Brain Anatomy

MODULE 1: UNDERSTANDING BRAIN HEALTH

Exercise 1: Brain Anatomy Mapping

Label the key brain regions and write a short description of their function.

Frontal Lobe:

Parietal Lobe:

Occipital Lobe:

Temporal Lobe:

Cerebellum:

Brainstem:

MODULE 1: UNDERSTANDING BRAIN HEALTH

Exercise 2: Brain Health Self-Assessment

On a scale of 1-10 (1 = very poor, 10 = excellent), rate yourself in the following areas:

- **Nutrition:** _____
- **Physical Activity:** _____
- **Stress Management:** _____
- **Sleep Quality:** _____
- **Social Connections:** _____

MODULE 1: UNDERSTANDING BRAIN HEALTH

Exercise 3: Identify Your Brain Health Risks

List at least three habits or environmental factors that could negatively impact your brain health:

Action Step: What is one thing you can do this week to improve your brain health?
